

## THE TORTURE OF INDIGESTION

Thousands Relieved by Taking "Fruit-a-Lives"

### The Famous Fruit Medicine

What is indigestion and what causes it? As you know, solid food must be changed into a liquid by the stomach before it can be taken up as nourishment by the blood.

The stomach acts as a churn. It is covered by a strong, muscular coat and lined with a soft, delicate membrane which secretes the Gastric Juice which digests or dissolves solid food.

When food enters the stomach, the muscular coat squeezes and presses the food from end to end, or churns it, with the gastric juice to dissolve or digest it.

But—if the stomach muscles are weak—or if the dissolving fluid is poor or insufficient—then food cannot be digested properly and you have indigestion.

"Fruit-a-Lives" or "Fruit Laxo Tablets" are made from concentrated and intensified fruit juices and tonics. They will positively cure indigestion and dyspepsia because they tone up the stomach, bowels, kidneys and skin, and thus insure pure gastric juice and improved digestion.

"Fruit-a-Lives", the only medicine made from fruit juices, will correct your indigestion and enable you to enjoy every meal. Try this wonderful fruit medicine.

50c a box, 6 for \$2.50, trial size 25c.

At dealers or from FRUIT-A-LIVES Limited, OGDENSBURG, N. Y.

## BLIND FROM BIRTH, STUDIES ASTRONOMY

Joseph Caldwell of the University of Michigan Expects to Get Degree.

Ann Arbor, Mich., Dec. 30.—Blind from birth, with his conception of the heavens formed by descriptions from others, Joseph Caldwell of Indiana, Pa., is studying astronomy at the University of Michigan in order that he may meet the scientific requirements to permit him to be graduated from the college of literature, science and arts.

Mr. Caldwell, a sophomore and 46 years old, is doubly handicapped. In addition to his blindness, he lacks the mechanical aids for the study of astronomy that often are afforded students who take up other studies. Blind students of astronomy are so rare that there are no text books with raised type. Therefore, he depends upon fellow students to read his lessons to him. So proficient has he become, his professors say, that he frequently memorizes a lesson by hearing it read only a few times.

In addition to astronomy, Mr. Caldwell is studying psychology, German, French and Italian. He ranks as one of the most adept students in his classes.

What Kind of Animal is That?

A party of young men were on a hunting-trip in a backwoods district. They had stopped at the home of a mountaineer to inquire for directions and information about the game of the country. Only women members of the household were found at home, but all questions were answered freely. As the party was about to move on a young theological student of their number, wide awake to matters of church advancement, flung out this inquiry to the talkative housewife:

"Can you tell us if there are any Presbyterians in this part of the country?"

"Land sakes alive mister, I ain't never heard of no such animal as that! Ye might look out in de smoke-house, whar my husband has got a lot o' hides nailed on de wall an' see if yo' fin' any a'dat kin'!"—From Everybody's Magazine for January.

## SECRETARIAL, ACCOUNTING AND BUSINESS ADMINISTRATION COURSES

Start January 2, 1923, at the Albany Business College

Other Courses every Monday of the Year.

—SEND FOR CATALOG—

CARNELL & HOIT, Albany, N. Y.

Human and Humane.

"Now, Jimmy said he teacher 'what is the difference between human and humane'?"

Jimmy thought deeply for a moment.

"Well," he said, at length, "suppose you had two pieces of candy and a hungry little dog grabbed one from you. If you gave him the other piece, you would be humane; but if you threw a stone at him you would be human."—From Everybody's Magazine for January.

Got Us Guessing

No modern writer of light fiction sends us so often to the dictionary as Fannie Brasley Lee. On the last occasion our trip was in vain. Here's the case: In her delightfully vivacious story in Good Housekeeping for November we read: "Gray-headed grandfather might be better," sniffed Linnet with an apologetic chuckle. Now what in the world is an apologetic chuckle?—Boston Transcript.

Barre Electric Co. Tel. 98.

"For Your Electric Wants."

## SEEK JEWELS IN SECRET PANEL

Detectives Found Walls in Home Where Woman Was Found Dead

HAD THOUSANDS OF DOLLARS' WORTH

Mrs. Minetta S. Marsh's Frozen Body Found in New York

New York, Dec. 30.—Police to-day placed a guard around the Morris avenue home of Mrs. Minetta S. Marsh, 70, when they learned that the woman, whose frozen body was discovered last night, had kept thousands of dollars worth of jewels in a secret panel compartment somewhere about the house.

All through the night detectives went about the building, sounding walls and lifting floors in an unavailing search for the cache. Their only success was the discovery of a hidden spring in an antique cabinet, which threw open a drawer and revealed a preliminary draft of the aged woman's will, addressed to John J. Egan, New York attorney.

The body of Mrs. Marsh, fully clothed and covered with a blanket, was discovered last night by a patrolman and William Lanigan, her neighbor.

ENTITLED TO HER SON.

Mrs. Irene M. St. Clair Wins Point in Court.

Boston, Dec. 30.—The supreme court of Massachusetts by decision of Judge Braley, yesterday held that Mrs. Irene M. St. Clair, formerly of Laconia, N. H., was within her rights as a mother in taking her boy from the custody of his paternal grandparents, Mr. and Mrs. Charles G. St. Clair of Laconia, Judge Marble of the superior court of New Hampshire, it was brought out, entered a decree in connection with the case for divorce brought by Mrs. St. Clair and Howard I. St. Clair, her husband, giving the grandparents custody of the boy, Robert, until the October sitting of his court.

No further action was taken at that sitting and Judge Braley ruled that Mrs. St. Clair violated no court order when she took her son. In dismissing the habeas corpus proceedings brought by the grandparents, Judge Braley served notice that any interference with the mother's custody in this state would be dealt with as a serious offense.

WORKERS' MORAL HIGH.

Declared Charles M. Schwab, Prizes Friendship of Old Companions.

Bethlehem, Pa., Dec. 30.—Charles M. Schwab, chairman of the board of directors of the Bethlehem Steel corporation, in an address last night before the Pennsylvania Education association, declared that the average morals of the average American citizen—the working class—was higher than that of the "so-called higher citizens" of the country.

"I am prouder of the friendship of those who worked with me in my humble beginning," added Mr. Schwab, "than of the adulations of the highest in the world."

The fundamental principles of education, Mr. Schwab said, were democracy and integrity.

Rails and Their Use.

We hear occasionally that the American railroad is following the canal into disuse and extinction. In support of that theory we hear that 400 miles of trolley, or electrically operated railroad, have been pulled up in Massachusetts, and that the whole tendency lies in that direction. Branch lines of steam railroad in the White mountain region have been discontinued. Every railroad company has many more which it would discontinue if it could get permission to do so.

But let us not go too fast. Rails, whether of wood, iron or steel, antedated steam power. They have a very distinct value in the season of snows and of deep mud, and in various other climatic conditions. No matter how addicted we are to the motor during the summer, if we now have a journey to make to Burlington, VT., we duck to the steam train; the motor truck likewise turns its load over to the freight car. What percentage of the Boston to New York business goes by passenger motor? Exceedingly little. The night trains, loaded with sleepers, still carry the bulk of the business. So it is with all corresponding distances throughout the country.

If we cannot, as a people, work out some way of utilizing the railroads with profit to all concerned—to labor, to the tax-exacting government, to the rate-paying public—we lack something of our old-time efficiency. Let us think it out.—Boston Herald.

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## THE SECRET OF MAKING GOOD COCOA IS IN USING BAKER'S COCOA

For its quality is good

The purity, palatability and nutrient characteristics of high grade cocoa beans are retained in Baker's Cocoa owing to the perfection of the processes and machinery peculiar to our methods.

MADE ONLY BY

Walter Baker & Co. Ltd.

Established 1780

DORCHESTER, MASS.

Booklet of Choice Recipes sent free

MOON'S TEMPERATURE BOILING IN DAYTIME

And Far Below Zero at Night, According to One Scientist's Calculations.

Cambridge, Mass., Dec. 30.—New methods of calculating the temperatures of the planets were outlined by Prof. Donald H. Menzel of Princeton university in a paper submitted to the American Astronomical society yesterday. He emphasized the fact that the tentative results reached by these methods were not final.

"Whatever the amount of water vapor present in our atmosphere," he said, "the indications are that the surface of the moon is definitely heated, probably when the sun is at the zenith the temperature reached must be well above that of boiling water and during the long night it will be far below the zero of our thermometer."

"The values for Venus and Mars are very dependent upon the water vapor and very little can be got from the observations. Both planets have an atmosphere, Mars being very thin and that of Venus resembling ours to a certain degree. The results indicate that the atmosphere of Mars does little to shield the surface and that the temperature at the equator during the day may be as high as 20 or 25 degrees centigrade, with a large fall during the night. We must have further evidence as to Venus. It is certain, however, that its temperature is higher than our earth's."

"For the two larger planets, Jupiter and Saturn, it is very definite that they radiate some heat of their own. If they were warmed only by the heat of the sun, they would be 100 to 100 degrees below zero centigrade. The temperatures obtained for these planets are probably fairly accurate and we have for Jupiter obtained something less than 90 below zero centigrade, while Saturn is hotter by some 20 degrees, as a result not unreasonable for Saturn is much less dense than the former."

The heat measurements, as made at the Lowell observatory in Arizona involve the use of a delicate instrument known as the thermocouple, which is capable of detecting the heat from a tallow candle at a distance of many miles.

In an address prepared for the engineering section of the American Association for the Advancement of Science, J. B. Tyrrell, consulting mining engineer of Toronto, urged that American and Canadian universities assist in the development of Canada by giving through training in mining and geology. He pointed out that most of Canada's developed mineral resources were near its southern border and expressed the belief that greater discoveries in this line would be made in the vast unoccupied area of northern Canada.

WINTER MOTORING ON GAIN IN NEW ENGLAND

Roads Are Plowed for Use of the Motor Vehicle.

Boston, Dec. 30.—The first snows in New England have served to emphasize the change in winter traffic conditions that has resulted from the increased cold weather use of motor vehicles. In many urban and suburban communities residents accustomed to hearing the tinkling bells on the horse-drawn sidewalk plow have peered out of their windows on hearing the loud roar of a motor and have rubbed their eyes at the sight of a tractor working its way along the middle of the road.

Attached to the tractor is a plow which throws the snow in a pile at one side. Back and forth the machine travels until only the lightest coating of snow is left in a strip of roadway wide enough for vehicles to pass.

On many state roads running through long stretches of country similar plows are in use, with the result that motor traffic is made comparatively easy. In some of the mountain and hill sections of New England, however, where the gales pile the snow into huge drifts, the snow-roller is still a familiar sight. This contrivance, resembling two gigantic hogheads joined together, is drawn by teams of horses or oxen which slowly break their way through the drifts. The roller packs the snow down to a hard surface which is maintained in fairly good condition except in case of a thaw.

TO CORRECT MEN'S ERRORS

Not to Revolutionize Legislation, Says Oklahoma Woman.

Yale, Okla., Dec. 30.—Believing that the interests of men, women and children are mutual and that women cannot accomplish in a day what men have failed to do in ages, Mrs. Edith Mitchell is going to the Oklahoma legislature to "work side by side with men for the greatest good to the greatest number." Mrs. Mitchell was elected in November to the lower house of the legislature, the first woman from her district.

"With women of temperance cases, home and child welfare are paramount to all else, and it is well understood where we are on moral questions," says Mrs. Mitchell, in outlining some of the phases of legislation in which she is interested. "We expect to take no backward steps. We are not radical. If I have any hobby it is schools. You cannot legislate men into doing right and the more education, the less legislation. I shall work for ample appropriations for our schools and better paid and qualified teachers."

"As the daughter of a farmer, the wife and sister of farmers, and the mother of children in public and higher schools, I shall also support measures that will benefit farming and oil industries. Soldier bonus, a revised or new election law, simplification of court procedure, free text books and a law providing that automobile taxes shall be collected and expended by counties rather than the state, are other pieces of legislation that will receive my support."

Misdirected Enthusiasm.

When Jenny Lind visited Heidelberg the students went wild over her, showing their enthusiasm by taking the horses from her carriage and dragging it from the station to her hotel, by surrounding her and so forth. When she left on the following morning they gave her an equally good send-off and then rushed back to the hotel and to the room they believed she had occupied, seeking souvenirs.

That afternoon a stout old gentleman said to an acquaintance: "Do you know, sir, I think those Heidelberg students are mad." "Oh, no," returned the other, "they are fine, high-spirited young fellows, a bit eccentric, but not mad."

"Well," said the old gentleman, "I'll tell you what they did to me. As soon as I left my hotel this morning, a body of them rushed to my bedroom, dragged the sheets from my bed and tore them into strips, and now every one is wearing a strip in his button-hole."—Boston Transcript.

## KU KLUX KLAN TO INVESTIGATE

Will Send Its Own Agents Into Morehouse Parish

TO PROBE KILLING OF TWO CITIZENS

High Officials of Organization Protest Klan Not to Blame

New Orleans, La., Dec. 30 (By the Associated Press).—The Louisiana organization of the Ku Klux Klan will send its own agents into Morehouse parish to investigate the kidnapping and killing of Watt Daniels and Thomas Richards last August, according to an announcement by a high state official of the Klan. The action, he said, was decided on at a conference here yesterday of heads of the state organization.

It was stated that the investigation probably would be started within the next 48 hours.

"I recently returned from Morehouse parish, where I discussed the outrage with many folks who know their community well," said the Klan official. "I know that the Klan is not to blame. We have no idea of setting up any defense at public hearings for anyone, and reports that the Klan is interested in obtaining brilliant attorneys for the defense of those arrested are not true. We are interested in clearing the Klan of any connection in the public mind with these outrages."

The Klan officials stated if it should develop that any industrial members of the Klan in Morehouse Parish had anything to do with the kidnapping and murders of Daniels and Richards, they would be outlawed and the Klan would assist in obtaining their convictions before the criminal courts of the state.

Governor Parker, who ordered the public hearings into the Morehouse kidnapping situation, has openly denounced the K. K. K. He has directed the investigation and has been quoted as declaring that he was "determined to tear the mask off the Klan."

HEARING NEXT WEEK.

Of Evidence Found in Kidnapping and Murder.

Bastrop, La., Dec. 30. (By the Associated Press).—State officials preparing evidence in the Morehouse Parish kidnapping and murder cases plan to present all the facts in their possession at the opening hearing a week from to-day.

"The state will lay its cards on the table when the hearing begins," said one of the attorneys who will take an active part in the handling of the state's case. "I do not see how any grand jury can refuse to indict."

Men directing the inquiry declare it will prove one of the most sensational exposures of masked band operations ever unfolded in the south.

Civil and military officials would not predict to-day what further arrests would be made in addition to the detention here of J. T. Burnett, former deputy sheriff and employee of a local carbon plant, an ex-Dr. B. M. McKoin, former mayor of Mer Rouge, in Baltimore.

Positive denial was made at the office of the Parish sheriff and county clerk of reports that additional affidavits or warrants had been issued.

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## Topics of the Home and Household.

Use funnel for filling hot water bags, if you would save the rubber.

A colored waist or dress that has lost its color may be made pure white by washing in cream of tartar solution.

To mend a broken doll quickly, bind tightly with strips of adhesive plaster. It will hold the broken parts firm for quite a while.

A ham-and-pickle sandwich is appetizing for the winter picnic or hunting trip. Chop cold boiled ham quite fine, mix with a little melted butter and made mustard, add some finely chopped pickles and put this between slices of bread and butter.

To prevent burning when cooking syrups of any kind over a quick fire, drop in three or four marbles (agate, as the boys call them). The heat will keep these constantly on the move and will not only prevent burning but will do most of the stirring.

Caring for a Very Sick Person.

Turning and lifting the sick very often looms up as a stupendous task to both nurse and patient. If done properly this need not be an ordeal for either. Changing the position should not be done by turning the entire body at once. First roll the patient slightly toward you, always supporting the back by means of a pillow pressed closely against it. Then place the hands under the hips and turn; the next step to put one hand on each shoulder and lift the shoulders into position. This should be done gently and slowly.

When lifting the patient toward the head of the bed, the right hand should be placed obliquely well under the lower part of the back and the left just below the hips. The patient can sometimes render assistance by grasping the hands tight over the nurse's shoulders.

If you have an absolutely helpless patient, get an assistant to help you. Place one arm under the middle of the back and the other under the neck; have the assistant place one arm under the lower part of the back and the other under the knees. Thus the weight will be divided and can be lifted easily.

When the patient is lying on the back, pressure along the spine can often be relieved by placing under the body on each side a small portion of a soft pillow.

This has the effect of slightly raising the middle of the back from the bed.—From the January Delineator.

Using Different Cuts of Lamb.

There appears to be a prejudice among some people against the use of lamb, but it is possible that many actually do not know how to buy lamb. There are many retailers in the large western cities who do not handle lamb at all because the demand is so light. The eastern consumer of lamb is the largest consumer of lamb in the world.

Some people dislike the "wooly" taste, but that was because the "fell" had not been removed. This "fell" or outside skin should always be taken off—by the housewife, if the butcher fails to do it. Lamb cooked without the "fell" has no woolly flavor and is very tender and juicy. A few recipes which tell of the preparation of lamb may be of use to the housewives of this vicinity.

From the neck make a pot roast: Buy about 4 inches of lamb neck. Brown 1 finely cut onion, 1 cup tomatoes, and 2 tablespoons bacon fat together. Add the piece of lamb, seared well on both sides. Wash and scrape carrots, cut in pieces 2 inches long, and add to the pot roast. Cook in an iron or roasting pan until the meat is tender. May have to add more tomatoes, or a little water. Will take about 15 minutes to the pound of meat.

From the shoulder, a ragout of lamb: Two pounds shoulder lamb, 1 cup water, 2 teaspoons salt, 1/2 can peas, 2 minced onions, flour, 1 large can tomatoes, bacon fat. Brown the lamb in the bacon fat. (Lamb should be cut in small pieces.) Add tomatoes and bring to boil, then add onions and brown. Add water, put all in a casserole or stewing dish, and cook slowly for two hours, replenishing the water as it boils away.

From the breast, casserole of lamb: 2 lbs. breast of lamb, cut small, 2 cups diced potatoes, 1 finely chopped onion, 1 cup canned tomatoes, seasoning, 2 cups diced carrots. Cut lamb in small pieces, roll in flour, and brown well in hot bacon fat with the onion.

Put in casserole with the tomatoes and 1 cup hot water. Bake 2 hours. Add potatoes and carrots, and bake 1/2 hour longer. Add little more water from time to time, and thicken the gravy if it is too thin.

Serve very hot with fresh baking powder biscuits.

Dorothy Dexter.

Cuticura Promotes Good Hair

Treatment: At night rub Cuticura Ointment into scalp all over the scalp. Next morning shampoo with Cuticura Soap and hot water. Repeat in two weeks.

Scalp Itch, Pimples, Itching, Dandruff, Greasy Scalp, Falling Hair, Baldness, Itchy Head, Itchy Neck, Itchy Ears, Itchy Face, Itchy Arms, Itchy Legs, Itchy Feet, Itchy Hands, Itchy Fingers, Itchy Toes, Itchy Nails, Itchy Skin, Itchy Body, Itchy Soul, Itchy Heart, Itchy Mind, Itchy Spirit, Itchy Conscience, Itchy Soul, Itchy Heart, Itchy Mind, Itchy Spirit, Itchy Conscience.

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